

CONCEPTUAL STUDY OF RASAYAN CHURNA IN MANAGEMENT OF STRESS W.R.T. RASAVAHA STROTAS

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<https://doi.org/10.46607/iamj3611082023>

(Published Online: August 2023)

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Article Received: 03/07/2023 - Peer Reviewed: 25/07/2023 - Accepted for Publication: 10/08/2023.



ABSTRACT

Background: Stress is a fairly universal element of the modern human experience, and while some stress is appropriate, even productive, we now know that too much stress can be quite harmful, and can compromise our health physically, mentally, and emotionally. The body should be well protected by taking appropriate care of diet and sleep. In Charak Samhita we had studied that inappropriate sleep can affect manovaha stotas and diet can cause aruchi, ashradha, angamarda which are signs of Rasvaha strotas dushti. Rasayan churna contents of Amalaki, Guduchi & Gokshur and these having properties of rasayana. **Objective:** The objective of study was to study of rasayan churna in management of stress w.r.t to rasavaha strotas. **Material& Methods:** Ayurvedic literatures are used in the study various online journals used. **Conclusion:** The disease in which chronic and oxidative stress are implicated in the aetiopathogenesis, there is a logical place for rasayana in their management.

Keywords: Rasayan, Stress, Rasavaha Strotas.

INTRODUCTION

Today, stress has become an inevitable and the most unwanted companion of civilization. In biological terms, stress is defined as anything constituting a threat, real or apparent, which would adversely affect the organism. It can be induced by several factors like environmental changes, extremes of temperature, high altitude, restraints, fear, rage, anxiety, shock, grief, pain and so on. As far as the body is able to cope with it, stress acts as a normal stimulus required for our physical and social wellbeing and is better known as “eustress”. On the other hand, stress becomes “distress” when the individual is unable to cope with it. Thus, eustress helps in improving the performance, whereas, distress is known to induce a number of clinical maladies, like hypertension, coronary artery disease, peptic ulcer, asthma, migraine, ulcerative colitis, irritable bowel syndrome, diabetes mellitus, thyrotoxicosis, anxiety. Vata is the main dosha vitiated by excessive physical stress. Psychological stress, like udvega (excitement), soka (anxiety) also leads to disequilibrium of vata dosha, whereas pitta is the main dosha vitiated by krodha (anger). In Charak Samhita we had studied that inappropriate sleep can affect manovaha strotas and diet can cause aruchi, ashradha, angamarda which are signs of rasavaha strotas dushti. Here we can see rasavaha strotas dushti lakshana and hetu.

रसवहानां स्रोतसां हृदयं मूलं दश च धमन्यः। च.वि. ५/७.

गुरू शीतमतिस्निग्धमतिमात्रं समश्रताम् । विदाहीन्यन्नपानानि स्निग्धोष्णानि द्रवाणि च ॥ च.वि. ५/३.

अश्रद्ध च अरुचिः च आस्य वैरस्यं अरसज्ञता । हल्लासो गौरवं तन्द्रा स अंग मर्दौ ज्वरः तमः ॥

पाण्डुत्वं स्रोतसां रोधः क्लैब्य सादः कृश अङ्गता ॥ नाशो अग्नेः अयथा कालं वलयः पलितानी च ॥ च.सू. २८/९-१०.

Above shlokas mentioned ashradha, aruchi, gaurav, tandra, angamarda, klabata, valaya are the rasavaha strotas dushti lakshana which also found in stress in relation to manovaha strotas.

Rasavaha strotas

Mula: Heart and great vessels.

Marga: Venous and lymphatic systems.

Mukha: Arteriole, venous junction in capillaries.

Rasavaha strotas perform vital functioning of body related to circulatory process and psychological disturbances to their functioning may lead to some pathological manifestation.

Stress Management:

The fact that ‘prevention is better than cure’ is well recognized in Ayurveda, as its foremost objective is maintenance and promotion of the health of the healthy. To prevent stress there are two approaches.

1. To avoid factors inducing stress and vitiating doshas.
2. To increase the coping capacity of the body.

MATERIAL AND METHODS:

Rasayan Churna

Rasayana Churna is a poly-herbal formulation comprising fine powders of Guduchi (*Tinospora cordifolia* Linn.), Gokshura (*Tribulus terrestris* Linn.) and Amalaki (*Embllica officinalis* Linn.) in equal quantities. In Ayurveda, it is expected that the therapeutic efficacy of drug will be increased by levigating with its own juice or decoction.

चूर्णे श्वदंष्ट्रामलकासृतानां लिहन् ससर्पिर्मधुभागमिश्रम् ।
वृषः स्थिरः शान्तविकारदुःखः समाःशतं जीवति कृष्णकेशः
॥ (अ.ह.उ.१९/१५९)

Amalaki – Has rich vit C, Iron, Calcium, Polyphenol, Alkaloids and Flavonoids, Quercetin, and Kaemferol. Guduchi-stem shows essential minerals, Calcium, Phosphorus, Iron, Copper, Zinc, Manganese, Ascorbic acid, Lycopene, Carotene and Anti-ageing properties.

Gokshur- contains Vit C, Calcium, Oleic acid, Steric acid, Glucose and is rich with fats and proteins.

Drug	Latin Name	Rasa	Virya	Vipak	Guna	Roghnta	Chemical Constituents
Amalaki	Emblica Officinalis	Pancharas	Sheet	Madhur	Guru, Sheet	Jwaraghna, Vayasthapana	Leucodelphinidin, Pro- cyanidine, Tannin, 3-0 Gallated Prodel- phinidine, Ellagesic Acid

Drug	Latin Name	Rasa	Virya	Vipak	Guna	Roghnta	Chemical Constituents
Guduchi	Tinospora Cordifolia	Kashaya, Tikta	Ushna	Madhur	Laghu, Snigdha	Kamala, Ra- sayani, Vayasthapana	Choline, Tinosporin, Isocolumbin, Palmatine, Tetrahydropalmatine, Magnofl Orine

Drug	Latin Name	Rasa	Virya	Vipak	Guna	Roghnta	Chemical Constituents
Gokshur	Tribulus Terrestris	Madhur	Sheet	Madhur	Guru, Snigdha	Sothahara, Mutravirechaniya, Krimighna	Diosgenin, Chlorogenin, Hecogenin and Neotigogenin

DISCUSSION

Mechanism of action of Rasayana:

Amalaki is the most commonly mentioned herb in the *Charaka Samhita* and suggested as a good rejuvenating herb. Swiss Albino mice demonstrated antidepressant and anxiolytic activity on administration of Gokshur. The root of *T. cordifolia* is known to be used traditionally for its anti-stress activity. *Rasayanas* are such formulations suggested to improve the quality of *rasa* and hence helpful in strengthening or promoting the health tissues in the body. It has been universally agreed that rasayana therapy is the most appropriate means of achieving healthy dhatus (tissues). Moreover, rasayana ultimately improves ojas, the essence of all dhatus. A healthy dhatu can be obtained by.

1. Directly improving the quality of poshaka rasa, that in turn nourishes all dhatus.
2. Balancing agni (digestion and metabolism) is an equally important means of promoting the quality of dhatus.
3. An optimal competence of srotas is another important requisite for a healthy body. Guggul is the

best example of rasayanas effective at the level of srotas.

4. *Dravya prabhav*: - Generally the drug with properties similar to pacified dosas and depleted dhatus and or properties opposite to vitiated dosas and aggravated dhatus are used for treatment. Sometimes, however, the beneficial effects of drugs cannot be explained in these simple ways. In that case, the drug is said to be acted by *dravya-prabhav*. Most of the *medhya rasayana* act by *dravya-prabhava*.

In Modern scientific terminology, rasayana drugs are known to have antioxidant, immunomodulator, antidepressant, anxiolytic, antiulcer activity and are also proving effective on the animal model of stress.

CONCLUSION

The disease in which chronic and oxidative stress are implicated in etiopathogenesis, there is a logical place for rasayana in their management. However, appropriate scientific evidence needs to be generated for their widespread acceptance. This, in turn, necessitates concerted efforts to investigate the antistress

effects of Ayurvedic herbs and the possible mechanism of their antistress actions. Unfortunately, there are very few planned clinical studies to evaluate the antistress effects of Ayurvedic herbs. Further, most pharmacological studies have used acute stress models which have little clinical relevance. In order to investigate the antistress activity, the experimental model required is the one of mild, unpredictable and continued prolonged stress with no option of coping mechanism. Therefore, for their widespread application as antistress agents in stressful conditions and as adjuvant in the management of chronic disease.

1. Rasayan churna helps increase immunity.
2. Guduchi is known to be used traditionally for its anti-stress activity in Ayurveda.
3. Amla suggested it as a good rejuvenating herb. Amalaki helps to reduce kapha and swasa due to its ruksha and Kaphghna guna.
4. Gokshur properties act as antidepressant and anxiolytic.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Girish Kale & Ashish Mhatre: Conceptual study of rasayan churna in management of stress w.r.t. rasavaha strotas. International Ayurvedic Medical Journal {online} 2023 {cited August 2023} Available from: http://www.iamj.in/posts/images/upload/2028_2031.pdf